

Being on the Team vs. **Being a Teammate**

[Thoughts NOT just for athletes....]

- Compiled by John Leonard from *InSideOut Coaching* by Joe Ehrmann

Being on the team benefits your personal goals and ambitions.

Being a teammate **benefits the goals and ambitions of your team and your teammates.**

Being on the team can make you a bystander.

Teammates intervene in the lives and actions of their teammates.

Being on the team involves personal effort.

Being a teammate involves the **efforts of every player.**

Being on the team means doing what is asked of you.

Being a teammate is doing **whatever is needed for the team to succeed.**

Being on the team can involve blaming others and making excuses.

Being a teammate involves **accepting responsibility, accountability, and ownership of the team's problems.**

Being on the team makes you "me-optic," asking what's in it for me?

Being a teammate makes you "we-optic," **asking what's in it for us?**

Sometimes players on the team are drawn together by common interests;

teammates are drawn together by a common mission.

Sometimes players on a team like one another;

teammates respect one another.

Sometimes players on a team bond together because of a shared background or compatible personalities;

teammates bond together because they recognize every player is needed to accomplish the goal of the team.

Sometimes players on a team are energized by emotions;

teammates energize one another out of commitment.